

Meal Requirements for Adults

BREAKFAST		Adult
Fluid milk		1 cup
Fruit or vegetable or juice		1/2 cup
Bread or grain ^①		2 slices (or 2 oz.)
or cold dry cereal		1 1/2 cups (or 2 oz.)
or cooked cereal		1 cup
SNACK		Adult
<i>Select two of four components:</i>		
Fluid milk		1 cup
Fruit or vegetable or juice ^③		1/2 cup
Meat or meat alternate or yogurt		1 oz. 4 oz. (or 1/2 cup)
Bread or grain ^①		1 slice

- ① An equivalent serving of an acceptable bread product such as cornbread, biscuits, rolls, muffins, etc., made of enriched meal or flour or whole grain, or a serving of cooked enriched or whole grain rice or macaroni or pasta products.
- ② Nuts and seeds may meet only one-half of the total meal/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement. Nuts and seeds are generally not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.
- ③ For snack, juice may not be served when milk is served as the only other component.
- ④ For supper, milk does not have to be served.

LUNCH/SUPPER		Adult
Fluid milk ^②		1 cup
Meat or poultry or fish or cheese		2 oz. 2 oz.
or cottage cheese		1/2 cup
or cheese food, spread or yogurt		4 oz. 8 oz. (1 cup)
or egg		1
or cooked dry beans or peas or peanut butter, soy nut butter, nut or seed butter or peanuts, soy nuts, tree nuts, seeds, or an equivalent quantity of any combination of the above meat/meat alternates ^②		1/2 cup 4 T. 1 oz. = 50%
Fruits and/or vegetables (from 2 or more sources)		1 cup (total)
Bread or grain ^①		2 slices